

DIRECTIONS
FOR MARINERS

ON VOYAGES

IN HOT AND COLD CLIMATES;

HOW TO TREAT THE SICK,

AND TO USE THE MEDICINE CONTAINED IN THE CHEST.

BY LOT TRIPP,

PRACTITIONER OF PHYSIC AND SURGERY.

The sixth edition, corrected and improved by the author.

SAID BOXES ARE PUT UP IN GOOD ORDER BY

SILAS CARLE & NEPHEW,

DRUGGISTS, 199 WATER STREET,

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PLIED ON REASONABLE TERMS.

NEW-YORK,

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1838.

DIRECTIONS

FOR THE USE OF

ON VOYAGES

IN HOT AND COOL CLIMATES

HOW TO TREAT THE SICK

AND TO USE THE MEDICINE CONTAINED IN THIS CASE

BY J. C. GALT

BRACKEVILLE OF THE VIRGINIA

AND A SICKLE, CORRECTED AND IMPROVED BY THE AUTHOR

AND FOR THE USE OF THE SICK

WILLIAM GALT & SONS

PHARMACEUTICALS

OF THE VIRGINIA

AND FOR THE USE OF THE SICK

AND FOR THE USE OF THE SICK

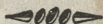
AND FOR THE USE OF THE SICK

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1857

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OF THE
MEDICINE CHEST.



- No. 1. Vomits. Tartar Emetic, 6 grains in each paper.
2. Salts.
3. Castor Oil.
4. Rhubarb.
5. Calomel, 10 grains, and Jalap 15 grains in each paper.
6. Mercurial Pills.
7. Cream of Tartar.
8. Flour of Sulphur
9. Fever Powder. Nitre and Cream Tartar, equal parts.
10. Alum.
11. Blue Vitriol.
12. Laudanum.
13. Camphor in Spirits.
14. Spirits of Turpentine.
15. Elixir Vitriol.
16. Traumatic Balsam.
17. Peruvian Bark.
18. Tincture of Catechu, and Spirits of Lavender, equal parts.
19. Basilicon.
20. Blistering Salve.
21. Mercurial Ointment.
22. Turner's Cerate.
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25. Marsh-Mallow Ointment.
26. Eye Water.
27. Chamomile.
28. Spirits of Nitre.
29. Ingredients for Bitters.
30. Venereal Injections. Sulphate Zinc, 2 scruples, in each paper.
31. Venereal Drops. Corrosive Sublimate 10 grains, Alcohol 1 ounce, mixed.
32. Paregoric.
33. Aromatic Powder for the Cholic.
34. Extract of Lead.
35. Red Precipitate.
36. Opodeldoc.
37. Balsam Copaiva, and Spts. Nitre—equal parts, mixed.
38. Spirits of Hartshorne.
39. Calomel, 10 grains, in each paper.
40. Sulphate Quinine.

DIRECTIONS FOR MARINERS, &c.

No. 1.—VOMITS.

DISSOLVE the powder contained in one of these papers in five spoonfuls of water, and give two spoonfuls first, after that one spoonful more every quarter of an hour until it vomits; then drink warm water or chamomile tea during its operation. This is good in the early stage of fevers, and in other cases where there is sickness, or a load at the stomach.

No. 2.—SALTS FOR PURGES.

Dissolve two spoonfuls in a little hot water; let it cool, then give it, and during its operation drink water gruel or chicken broth. It is a good cooling purge in fevers, and against surfeits or hot humors.

No. 3.—CASTOR OIL FOR PURGES.

Two spoonfuls with the same quantity of molasses, and as much hot water, is an excellent purge in cholics, dry belly-ach, bloody-flux and gripings in the bowels. If it does not purge freely, in two or three hours it may be repeated; clysters may be given in the mean time to hasten its operation. To make a clyster, take half a pint of sea-water, warm, and sweeten it with molasses—put in a little hog's lard, or they may be made with watergruel strained and sweetened, or chicken broth, which is nourishing.

No. 4.—RHUBARB FOR PURGES.

Two teaspoonfuls or more, mixed in molasses, or sweetened water, is a gentle purge: it strengthens the bowels, and is of a binding nature, therefore is good if the body is too much open after taking castor oil, (No. 3) or in case of any excessive purgings it may be repeated once in two or three days.

No. 5.—CALOMEL AND JALAP.

The powder in one of the papers, taken in molasses, is an active purge; is useful in bilious complaints; it will operate in three or four hours, or longer: drink wa-

ter-gruel during its operation. It is also good in high inflammatory fevers, particularly when there is sharp pains or stitches in any part of the body, sore throat, &c. In pleurisies, if the pain does not abate, the dose may be repeated in a day or two after the first, and a blister plaster put on the place where the pain is.

No. 6.—MERCURIAL PILLS.

To be taken as directed under the head of Venereal Disease.

No. 7.—CREAM OF TARTAR.

Half a spoonful in a pint of boiling water, after being cooled, is a good drink in fevers; quenches thirst; is good for a difficulty in making water or a heat in the urine, and a tea spoonful in molasses, taken daily, for a considerable time, is good against surfeits, hot humours, and to purge the blood after the continued use of mercury.

No. 8.—FLOUR OF SULPHUR.

A tea-spoonful in spirits or molasses, taken every night, is good whilst curing for the itch, and to purge the blood after the continued use of mercury: it may be mixed in this case with cream of tartar (No. 7) and the two mixed is a good laxative, when any one is troubled with the piles.

No. 9.—FEVER POWDERS.

Half an even tea-spoonful, dissolved in two or three spoonfuls of water or tea, and taken every four hours, is good in fevers: if the mouth is sore or furred, it may be frequently washed with lime-juice or vinegar sweetened, or with alum-water, or alum in sage tea, with a little blue-stone in it if very sore.

No. 10.—ALUM.

This is good in the cases as above mentioned, and some of it burnt on iron until it is dry, is good for the same purposes, or to put on a sore that has proud or dead flesh in it, to eat it down and quicken its healing.

No. 11.—BLUE STONE.

This is good in the same case as the alum, and if burnt in the same manner until it is white and powdered, is good to sprinkle on a wound to stop blood, or cut off a lock of hair and put on, it will often stop the bleeding very suddenly.

No. 12.—LAUDANUM.

From 25 to 40 drops in water or tea, is a dose; it may be taken every night, and in some desperate cases, oftener, to procure sleep or ease in excessive pains, purgings, &c. and is very good taken every night in hard coughs, after taking colds; sometimes it is good with a little camphor spirits given with it, in fevers, but ought to be given with caution, not to stupify the patient.

No. 13.—CAMPBOR IN SPIRITS.

A tea-spoonful of this in a spoonful or two of water, is good in faintings, and frequently given is good in fevers, and used alone or with vinegar, or ointment, (No. 25) is good to put on swellings, pains, inflammations and bruises.

No. 14.—SPIRITS OF TURPENTINE.

From 12 to 15 drops on sugar, taken every day for weakness or pain in the back, is good, the back and other lame parts, or bruises. may be wet with it, but not to use it too freely on a joint, lest it heat and dry too much and stiffen the part affected.

No. 15.—ELIXIR VITRIOL.

From 15 to 20 drops in water or tea, drank once or twice a day, is good in scurvies and fevers, particularly where the bark is given, or 10 or 12 drops in each dose of bark.

No. 16.—BALSAM DROPS.

From 20 to 30 drops on sugar or in sweetened water once or twice a day, is excellent in the scurvy, and for coughs, pains in the stomach, want of appetite, dulness of spirits and rheumatisms. A few drops in any fresh or deep wound, such as is made with a nail or the like, is very good.

No. 17.—JESUIT'S BARK.

For fevers, gangrenes, &c. to be taken as directed under those heads.

No. 18.—TINCTURE FOR FLUXES.

A tea-spoonful of this may be taken in water three times a day.

No. 19.—BASILICON.

This is a good drawing and healing salve for boils and sores of various kinds.

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A tea-spoonful of this may be taken in water three times a day.

No. 19.—BASILICON.

This is a good drawing and healing salve for boils and sores of various kinds.

No. 20.—BLISTERING SALVE.

Spread the salve on a piece of leather or brown paper the size you wish the blister; rub the place where it is to be put, with vinegar or spirits, and bind on the plaster; when it has drawn, cut the skin in two or three places to let out the water, and then dress it with the salve, (No. 19) or if it is wanted to be healed soon, dress it with the cerate, (No. 22) but if it grows painful, turns purple, or dark colored, then wet it with spirits of camphor, (No. 13) it will be very painful a little while, but soon helps the blister.

No. 21.—MERCURIAL OINTMENT.

To cure the itch, rub a little thin on the insides of the arms, wrists and legs, once a day for a week or more.—Take sulphur as is directed, (No. 8), this ointment will kill lice, and is good in the venereal disease, as is directed under that head.

No. 22.—TURNER'S CERATE.

This is a good drying and healing salve for sores of various kinds, to heal blisters, and to dry up bad humors in old sores.

No. 23.—DIACHYLON.

This is a good sticking, drawing, and healing salve for sores of various kinds; is good to put on lame or pained sides and backs, and to strengthen the bones that have been broken, and to put on swellings, &c.

No. 24.—ESSENCE OF PEPPERMINT.

In case of languor or coldness at the stomach, or pain in the stomach or bowels, 20 to 40 drops may be taken. It proves a mild and grateful cordial, possessing this great advantage over spiritous liquors, that it produces warmth, without stimulating or heating the body.

No. 25.—MARSH MALLOW OINTMENT.

This is good to put on any part of the body or limbs that have been frozen, burned or scalded; then a poultice of onions, white beans, bread, &c. laid on over the ointment, and dressed twice a day; then apply cerate, (No 22.) to heal it. This ointment is excellent to rub on piles that are inflamed, or very sore. A little of said ointment mixed with half its quantity of camphor spirits, and warmed together, is good to bathe on strains, bones out of joint, or broken.

No. 26.—EYE-WATER.

Two or three drops in the eye every night at bed time, is good for sore or weak eyes. A few drops of camphor spirits, though painful, is good for the same complaint.

No. 27.—CHAMOMILE.

A weak tea made with these flowers is good to drink during the operation of a vomit, and drank cold, is good to stop sickness, and strengthen the stomach.

No. 28.—SPIRITS OF NITRE.

From 20 to 60 drops, mixed with a sufficient quantity of water, is good to allay thirst, expel flatulences, and promotes perspiration. In cases of a difficulty of making water, a tea-spoonful or two may be taken in any plain drink.

No. 29.—BITTERS.

A table spoonful of the powder put in a pint of spirits or wine, makes an excellent Bitter to strengthen the stomach and give an appetite.

No. 30.—VENEREAL INJECTION.

To be administered as is directed under that head.

No. 31.—VENEREAL DROPS.

Is a very good medicine for the venereal disease; 20 drops of it may be taken every morning in any kind of tea-drink or water, if the patient's stomach will bear it; but if it makes him sick it may be lessened a few drops each dose, until it will sit easy on his stomach. The injection, (No. 30) may be used at the same time as directed, only this may be observed, the yard must be held so as not to let the injection go more than 2 inches up, which will answer the same purpose, and not be so painful; and the patient may also take a dose of pills, (No. 6), once in five or six days to keep the body open.

No. 32.—PAREGORIC.

Take from half to a table-spoonful of this in any kind of tea-drink or water, every night at going to bed; it soon relieves a cough. Liquid laudanum taken as directed No. 12 is also good for the same purpose; but if the patient is costive, and has considerable fever, pains, &c. give him a dose of No. 5, as is directed in the first place, and if that

does not relieve the pain and fever, it will be best to take some blood from him.

No. 33.—CHOLIC POWDER.

A tea-spoonful of this powder, or more, may be taken in molasses, and the dose repeated in five or six hours, if necessary; clysters are also very good, if the purges do not operate quick enough.

No. 34.—EXTRACT OF LEAD.

Two tea-spoonfuls of this in a pint of water make a good injection, and may be used in the same case as No. 30, and also good for inflammations by being applied with cloths wet with it.

No. 35.—RED PRECIPITATE.

Mix a little of this with No. 19, so as to make it look red, and spread on lint, and apply it to the part in case of proud flesh, or old ulcers that will not heal; put on a plaster of No. 19 over it.

No. 36.—OPODELDOC.

In case of strains, swellings, bruises, stiff joints, &c. a little of this rubbed on with a warm hand, and the part covered with flannel or oakum, should be repeated two or three times a day.

No. 37.—MIXTURE FOR GLEETS, &c.

Shake the vial and take a teaspoonful three times a day, each time before eating, in water or on sugar; is good for clapp, gleets or difficulty in making water.

No. 38.—SPIRITS OF HARTSHORN.

Mixed with an equal quantity of Sweet Oil, this is good to bathe the part in a quinsey or sore throat, three or four times a day, and cover it with warm oakum; at the same time take powders of No. 9,—it is also good to smell of in fainting fits.

No. 39.—CALOMEL.

Is useful for cleansing a foul stomach; the contents of one of the papers is a dose for an adult, mixed in molasses or syrup it may be taken on going to bed and followed in the morning by a dose of Castor Oil, Salts or any mild cathartic; the patient should avoid exposure to wet and damp.

No. 40.—SULPHATE QUININE.

Containing the active principle of Peruvian Bark, is useful in Fever and Ague and Remittent Fevers, first cleansing the stomach either with a vomit No. 1, or a cathartic of No. 5, and then in the absence of fever take as much Quinine as will lay on a five cent piece, every two hours in water or tea.

POULTICES.

These may be made with bread rubbed fine, and boiled soft in water; oat or Indian meal; rice, or peas, or onions; and in swellings and inflammations, white beans and turnips are very good.

SWEATS.

Sage, and green, or bohea tea, mixed and drank freely, are good to bring on a sweat; also catmint, saffron, mullein, &c. In general, sweats are best procured by drinking plentifully of weak and warm drinks, they ought to be continued a considerable length of time, and not to be checked too suddenly, and care taken after them of catching cold. To prevent a sweating, the sour drops, No. 15, are good; also jesuit's bark, No. 17, and bitters, No. 29; some of them frequently taken.

GENERAL OBSERVATIONS.

Where there are pains in the head, side, breast, and other parts of the body, great difficulty in breathing, high burning fever, sudden swellings in the throat, or other parts, with heat or redness in the part swelled, or hurts from falls, blows, bruises, inflamed eyes, spitting, or vomiting blood, bleeding at the nose, &c. in all those cases bleeding is necessary; if from a middle-sized robust man, two-thirds of a pint, or more of blood may be taken, and in that proportion according to the size and strength of the patient and urgency of the symptoms, and the operation may be repeated in 24 or 48 hours after, if the symptoms are not abated.

WEST-INDIA AND OTHER FEVERS.

If the patient is sick at the stomach, pukes are good, and purges also if the fever runs high, of salts and calomel, &c. He should not be allowed hearty food, but may take biscuits soaked to a pap, and some souring put in, then sweetened to his palate. Watergruel is good and nourishing; tart,

sour fruits are good for food and drink, and help to keep the fever from running into a putrid state; lemonade is good, also orange, limes, lemons, tamarinds, ananas, grannadilloes, Barbadoes cherries, watermelons, also plantains and bananas roasted for food, jellies of gauvas, &c.—The fruit called penguins, are said to be very good, and drinks made of vinegar, where many of the others cannot be procured, is good, and the face, hands and feet, often wet with vinegar and other acids is good: also bathing the feet often in warm water is good, and draughts put on the hollows of the feet; they may be made of flour or soft bread, soaked in vinegar, and a spoonful of mustard seed mixed in, or with salt herrings and mustard seed: blisters are often very necessary, as see under the head of pleurisies.

FEVER AND AGUE.

After the patient has taken a puke or a purge, or both, he may take between the fits, two even tea-spoonfuls of bark, No. 17, in wine or water, every three or four hours, until cured: in the same manner it may be taken, and sometimes ten or twelve sour drops, No. 15, in it. At the close of other fevers, or in case the patient is very low, or the fever is in danger of running into putrid state, he may take it in the course of the fever; and in the same manner where there is danger of gangrene. Quinine may also be used as directed under No. 40, page 11.

PLEURISIES.

After bleeding and giving a purge, as is directed No. 5, a blister may be laid directly on the side where the pain is; and in rheumatisms in like manner. In other fevers, particularly where the patient is sleepy, stupid, or low spirited, they may be laid on the legs and arms, and even on the crown of the head, in desperate cases, and in quinseys on the throat; and in inflammations of the eyes, it must be laid on the back part of the neck between the shoulder blades.

To kill felons, draw a blister on the pained part—it will want to be wet several times before it will draw well, if there is considerable fever in it, but will kill the felon as soon as it is drawn, if applied soon enough.

BLOODY AND OTHER FLUXES.

After giving castor oil, as is directed No. 3—if the purging continues in a small quantity, or slimy jelly; flour in hot water, or in spirits, is very good, and a small piece of

salt or fresh fish, or the heads and feet of animals, boiled to a jelly, and given to the patient, will have a good effect.— After those symptoms are abated, if a plentiful purging should follow, and in other cases of frequent purgings, rhubarb No. 4 should be given once in a few days—burnt brandy, or rum and sugar or a spoonful of molasses and two spoonfuls of brandy, two or three times a day, is very good; also, cloves stewed in port-wine, and given sometimes, and the leaves of the guavar tree steeped strong, is good, so is the ripe fruit of the same tree. Lillipee, or a food made of flour and water, well boiled, sweetened and spiced, is a good diet in fluxes.

SMALL-POX.

If there is considerable fever, with pains in the head, back and limbs, and the patient full of blood, bleeding will be necessary, if not, a dose of calomel and jalap, No. 5 may do as well, and repeated the next day. If the fever continues, and the pock does not come out kindly, it will be well, if the patient is very sick at stomach, to give a puke; if the sickness remains after that, a small dose or two of the flour of sulphur may be given; about half a tea-spoonful at a time. The sooner the symptoms can be lowered, and the eruption drove out, the better. It is necessary that there should be some fever, in order to bring it out; and if there is not fever enough for that purpose, bleeding and purging must be avoided, and *flowres of sulphur, saffron, or marigold tea, wine-whey, spirits and water, &c.* must be given.— After it is out, if it does not fill kindly, and flats, or turns dark-colored, or purple spots appear in it, it will be necessary to give wine-whey, spirits and water, and jesuit's bark; also in this case, blisters may do great service, especially if the patient's spirits are low. He ought to have a stool once a day or two, which may be procured by giving a clyster; but if a purging should come on, it ought to be checked by giving fifteen or twenty drops of laudanum, No. 12, every night, and let him take lillipee food: but after the turn, a gentle looseness is of service.

MEASLES.

In this disease, if the body is not loose from the beginning, purges of salts, &c. ought to be given. If there is a difficulty of breathing, high fever, &c. he ought to be bled at any stage of the disease, and in particular at the height;

the same time with his fingers under his chin, pull a little forwards so as to open the joints, then lift it into its place.

If the neck is out of joint, the operator must immediately place his knees against the patient's shoulders, and pull his head upwards, so as to bring the bone into its place.

If the shoulder is out of joint, a rope may be stretched on a level, or a board be set edge upwards, just so high as the patient can stand up and lay his arm over it—let it come close to his body. Let the operator take hold of his arm and pull it forward and bear down—let the patient settle downwards at the same time, and it will generally go into its place: or the end of a board may be hollowed out like part of a circle, so as to lay to the body under his arm; then his arm lifted and extended—the arm, hand and wrist may be lashed fast to the board—then bear it gently down and it will lift the joint into its place. In these directions I have supposed the bone to have fallen below the joint, which is generally the case: but if otherwise, that and almost all other bones out of joint or broken, must be set in the common form, by steadying the body and pulling at the limb, until it is so far extended as to place the joints or fractures. Such as have been out of joint may be rubbed frequently with marsh-mallow ointment, camphor spirits, vinegar, &c. Those that have been broken may have a linen cloth wet with spirits, and put on several thicknesses round the limb, then splintered and swathed round the splinters, so as to keep the bones in their place. Some spirits may be put on once in a while, so as to soak through the cloths, and in some time after the bones are knit together, a strengthening plaster may be put on if necessary.

And having known one instance of a seaman's being bit by a mad dog, if the like should happen to any, let the wound be enlarged by cutting it, then wash it well with cold water, and whether that is done or not, let a blister be drawn over and round it pretty large, and repeated in that and other parts, several times in the course of two or three weeks; let him also be free in the use of vinegar in his drinks; he may also take a dose or two of pills No. 6, in the mean time.

VENEREAL DISEASE.

I now come to treat of a disease that is the bane of many seamen, and a shame to those that are afflicted with it, and is even disagreeable to mention; I mean the *Venereal*

Disease; many are the remedies made use of for a cure; a few of which I have selected out, and may be used in their turn as needed: where the parts are much swelled, and inflamed with heat, and difficulty in making water, bleeding is good if the patient be strong and full of blood; so is clysters, and purges of salts, and cream of tartar, and camphor and balsam drops No. 16; and if necessary, poultices of bread, linseed and white beans; but the most speedy cure is, to take the powders in one of the papers No. 30, and dissolve it in a pint of water, and with a syringe inject some of it into the yard once or twice a-day; if it is too painful, give him a few drops of liquid laudanum, or put a few drops into the injection: this course may be followed until those complaints are removed: let him also take a dose of pills No. 6, once in three or four days; one at night and one in the morning, which may be increased to two, or even three at a time, if they do not have much effect; let him drink water gruel during their operation. If the disorder has stood long, and proves stubborn, instead of the pills, the bigness of a hazle nut of the ointment No. 21, may be rubbed on the insides of his thighs near his body, every night for a few times, and if a salivation should come on, he may draw a blister between his shoulders, or if his mouth should grow sore, he may stop taking pills or using the ointment for a while, and take cream of tartar and flour of sulphur, salts, &c. and then go on in the same manner again until cured. The cream of tartar, and sulphur and salts ought to be taken awhile afterwards to work the mercury out of the blood. Whilst curing, the patient should take but little, if any, animal food, nor spirits, or any think that is rich or high seasoned or spiced, but live on light food and simple drinks, avoiding wet and colds, and great fatigues of any kind.

In case of chordee or painful erections, chancres, buboes, swelled testicles, &c. in all these cases where there is great pain, inflammations, &c. the patients are to be treated as aforesaid by bleeding, cooling purges and poulticing, all in their course as the symptoms may require. Open ulcers and sores must be washed often with warm water, to keep them clean, then they may be covered with cloths wet with the injections No. 30 or 34. Buboes, if hard, must be rubbed night and morning with No. 21, so as to disperse them: if they come forward, they may be poulticed, and when soft

enough, be opened and dressed with No. 19; if proud-flesh should come in them, sprinkle a little of No. 10 or 11, or both mixed together—The patient should frequently take pills No. 6.

Some observations on the Yellow, Malignant or West-India Fever.—Having, since my publishing the foregoing, had a large experience in said fever, it appears to require a different treatment than what is laid down in page 11; its general symptoms are, great heat, pains in the head especially the temples, small of the back, and often in most of the bones, with redness of the eyes, the tongue furred, more frequently approaching to brown than white, and often sickness at the stomach, these symptoms generally more or less mark the early stages of said fever, which mostly come on with a cold fit, or at least with a chill. *Treatment.*—I find pukes dangerous, and blood-letting very doubtful, therefore I carefully avoid both; and if there is sickness at the stomach, and puking, it is necessary to give frequent draughts of water, as hot as the patient can swallow it. (Here also it may be remarked, this is an excellent method to stop the violent operation of the puke, or sickness of stomach proceeding from almost any cause.) I begin the cure by giving the patient a purge frequently of No. 5, as is directed; if that does not operate freely, I follow it in three or four hours with a dose of salt No. 2; if neither of them should operate, it will be proper to give a clyster very frequently, give only the salts at first; this is in order to procure a large and free discharge from the bowels in the early stage of said fever; but if the patient is very sick at the stomach, he will be apt to puke it up again, in that case it will be best to stop the sickness before the purge be given, if it can be done soon. I very frequently get them into a sweat before I give the purge, which may be done by hot water, if sick at stomach; if not, by giving weak cat mint, or almost any kind of herb tea drink, warm, and in large and repeated quantities: and in case I do not at first begin with the sweat, I hardly wait the operation of the purge, before I begin it, taking care to keep them well covered, so as not to stop the sweating whilst the purge is operating; there ought to be no time lost before the patient is forced into a sweat, which may be always best done in the beginning of the fever, after that he may be kept gently sweating until the fever, and symptoms are very much abated. I have kept some in a

sweating state three or four days, where the fever and distress did not go off before, which is very necessary to be done. I am cautious of purging after the first, as it weakens the patient; but give clysters daily, to keep the bowels freely open; they may be made as before directed, or with cat-mint well sweetened with molasses, and salts No. 2, and castor oil No. 3, a table spoonful of each put in. Yet there are some cases, where the patient's strength will bear it, that appears necessary to give a purge of salts once in two or three days, in order to carry off the superfluous bile which clysters may not reach. If the patient cannot be sweated without, let his whole body be put into warm water; I have found it very good at times to put some gin or brandy into his tea drinks, to procure a sweat, and if he sweats freely, a little brandy toddy is good to keep up his spirits, and support him through said fever, or a little wine in his food, which ought to be light, such as gruel, panada and the like; rice boiled thin may be given him sometimes, and milk pottage made thus: take one spoonful of flour, mix it well into a half a pint of cold milk, boil a pint of water, then put it in and stir it together; it is often very grateful to the stomach: these kinds of food may be given warm or cold as best suits the patient's stomach. After the fever has gone off the patient must be braced with the bark No. 17, as directed, and may need it before if there is putrid symptoms attended with discharges of blood upwards or downwards: if in this course of the disease the sickness at stomach remains obstinate, or if great anxiety and distress of the breast, with difficulty of breathing, &c. it will require a large blister to be laid on the pit of the stomach, as directed No. 20: if it should occasion a stoppage of urine, he may take linseed or fennel seed tea, cream of tartar water, or the like; a little gin may also be good. If the foregoing observations are well attended to, I believe the patients will generally recover.

N. B. Where spoonfuls are mentioned, common table spoons are meant, unless where tea-spoons are particularly named.

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It will be well to look over the book often, so as to understand it well.

